

# October






Care a lot

"Where caring is at the heart of what we do!"

## Apple Chips



			<p><u>1</u> <b>Breakfast</b> Oatmeal Sliced Peaches</p> <p><b>Lunch</b> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><b>Snack</b> Ants on a Log (Bananas, Soy Butter &amp; Raisins)</p>	<p><u>2</u> <b>Breakfast</b> Bagels Cantaloupe</p> <p><b>Lunch</b> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><b>Snack</b> Snack Mix Apple Cider</p>
<p><u>5</u> <b>Breakfast</b> Cheerios Pear Halves</p> <p><b>Lunch</b> Chicken Taco w/ Lettuce &amp; Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p><b>Snack</b> Apple Slices Pretzels</p>	<p><u>5</u> <b>Breakfast</b> Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p><b>Lunch</b> Soy Butter &amp; Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p><b>Snack</b> Salsa Corn Chips</p>	<p><u>7</u> <b>Breakfast</b> Cornbread Pineapple</p> <p><b>Lunch</b> Cheeseburger Macaroni Carrots Applesauce</p> <p><b>Snack</b> Whole Wheat Pita Orange</p>	<p><u>8</u> <b>Breakfast</b> Homemade French Toast Peaches</p> <p><b>Lunch</b> Chicken Nuggets Green Beans Whole Wheat Roll Strawberries</p> <p><b>Snack</b> Yogurt Granola</p>	<p><u>9</u> <b>Breakfast</b> Whole Wheat Pumpkin Muffin Fresh Fruit</p> <p><b>Lunch</b> Turkey &amp; Cheese Sandwich Green Beans Fruit Cocktail</p> <p><b>Snack</b> Ritz Crackers Cheese Cubes</p>
<p><u>12</u> <b>Breakfast</b> Corn Chex Pineapple Tidbits</p> <p><b>Lunch</b> Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p><b>Snack</b> Soy Butter Dip Apple Slices</p>	<p><u>13</u> <b>Breakfast</b> Whole Wheat Pancakes Bananas</p> <p><b>Lunch</b> Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p><b>Snack</b> Goldfish Crackers Grape Halves</p>	<p><u>14</u> <b>Breakfast</b> Hot Biscuit Diced Pears</p> <p><b>Lunch</b> Turkey &amp; Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p><b>Snack</b> Vanilla Yogurt Graham Crackers</p>	<p><u>15</u> <b>Breakfast</b> Wheat Toast Banana</p> <p><b>Lunch</b> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><b>Snack</b> Bread Sticks Marinara Dipping Sauce</p>	<p><u>16</u> <b>Breakfast</b> Whole Wheat English Muffin Apple</p> <p><b>Lunch</b> Hot Ham and Cheese Tomato Soup Tropical Fruit</p> <p><b>Snack</b> Cheddar Cheese Wheat Crackers</p>

### Ingredients:

- 2 apples, thinly sliced
- 2 tsp granulated sugar
- 1/2 tsp cinnamon

### Directions:

1. Preheat oven to 200 degrees. In a large bowl, toss apples with sugar and cinnamon.
2. Place a metal rack inside a rimmed baking sheet. Lay apple slices on rack, spacing them so none overlap.
3. Bake for 2 to 3 hours, flipping apples halfway through, until apples are dried but pliable. (Apples will continue to crisp while cooling.)



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<p><b><u>19</u></b> <b><u>Breakfast</u></b> Corn Flakes Apples</p> <p><b><u>Lunch</u></b> Ravioli &amp; Meat Sauce Carrots Diced Pears</p> <p><b><u>Snack</u></b> Whole Wheat Banana Bread Milk</p>	<p><b><u>20</u></b> <b><u>Breakfast</u></b> Whole Wheat Cinnamon Muffin Honeydew</p> <p><b><u>Lunch</u></b> Chicken with Veggies and Pasta Diced Peaches</p> <p><b><u>Snack</u></b> Soft Pretzel Cheddar Cheese</p>	<p><b><u>21</u></b> <b><u>Breakfast</u></b> Mini-Quiche Fruit Cocktail</p> <p><b><u>Lunch</u></b> Baked Beans w/Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><b><u>Snack</u></b> Vanilla Yogurt with Blueberries</p>	<p><b><u>22</u></b> <b><u>Breakfast</u></b> Bagel Peaches</p> <p><b><u>Lunch</u></b> Pasta &amp; Meat Sauce Green Salad Strawberries</p> <p><b><u>Snack</u></b> Whole Wheat Pita Bread w/ Soy Butter</p>	<p><b><u>23</u></b> <b><u>Breakfast</u></b> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><b><u>Lunch</u></b> Chicken Noodle Soup Whole Wheat Breadsticks Corn Pineapple Tidbits</p> <p><b><u>Snack</u></b> Wheat Crackers Apple Slices</p>
<p><b><u>26</u></b> <b><u>Breakfast</u></b> Rice Krispies Pineapple</p> <p><b><u>Lunch</u></b> Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p><b><u>Snack</u></b> Ritz Crackers String Cheese</p>	<p><b><u>27</u></b> <b><u>Breakfast</u></b> Whole Wheat English Muffin Oranges</p> <p><b><u>Lunch</u></b> Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p><b><u>Snack</u></b> Animal Crackers Pears</p>	<p><b><u>28</u></b> <b><u>Breakfast</u></b> Whole Wheat Pancakes Banana</p> <p><b><u>Lunch</u></b> Shells w/ Beef &amp; Sauce Steamed Broccoli Pears</p> <p><b><u>Snack</u></b> Cheese-its Apple Slices</p>	<p><b><u>29</u></b> <b><u>Breakfast</u></b> Whole Wheat Pumpkin Muffin Pears</p> <p><b><u>Lunch</u></b> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><b><u>Snack</u></b> Ants on a Log (Bananas, Soy Butter &amp; Raisins)</p>	<p><b><u>30</u></b> <b><u>Breakfast</u></b> Cornbread Sliced Peaches</p> <p><b><u>Lunch</u></b> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><b><u>Snack</u></b> Snack Mix Apple Cider</p>

## Halloween Safety

Everyone loves a good scare on Halloween, but not when it comes to child safety.

### Top Tips

- \* Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- \* Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- \* Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
- \* Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- \* When selecting a costume make sure it is the right size to prevent trips and falls.

#### Notes:

- This menu is peanut-free
- Whole Milk is served with every breakfast and lunch served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

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